

**Back to School Month**

* Healthy eating patterns in childhood and adolescence promote optimal childhood health, growth, and intellectual development; prevent immediate health problems, such as iron deficiency anemia, obesity, eating disorders, and dental caries; and may prevent long-term health problems, such as coronary heart disease, cancer, and stroke.
* Regular physical activity is one of the most powerful preventive health behaviors. Research shows that people who are physically active are less likely to develop cardiovascular disease, diabetes, colon cancer, osteoporosis and obesity.

* Nutritional or dietary factors contribute substantially to the burden of preventable illnesses and deaths. These health conditions are estimated to cost society over $200 billion each year in medical costs and lost productivity.
* 81.3% of high school students surveyed reported eating less than the recommended five servings of fruits and vegetables a day (2013).
* In 2013, 15.7% of Michigan high school students were overweight and 17.3% were obese.

# Facts:

**INSERT LOCAL HEALTH DEPARTMENT CONTACT INFORMATION**

# Michigan Department of Health and Human Service*Nutrition, Physical Activity and Obesity Program*

[www.michigan.gov/mdhhs/0,5885,7-339-71550\_2955\_2959\_52710---,00.html](http://www.michigan.gov/mdhhs/0%2C5885%2C7-339-71550_2955_2959_52710---%2C00.html)

**Governor’s Council on Physical Fitness, Health and Sports**

[www.michiganfitness.org](http://www.michiganfitness.org)

**Centers for Disease Control and Prevention-Physical Activity**

[www.cdc.gov/nccdphp/dnpa/physical/index.htm](http://www.cdc.gov/nccdphp/dnpa/physical/index.htm)

**Centers for Disease Control and Prevention-Nutrition**

[www.cdc.gov/nccdphp/dnpa/nutrition/index.htm](http://www.cdc.gov/nccdphp/dnpa/nutrition/index.htm)

**Centers for Disease Control and Prevention**

***Adolescent and School Health***

[www.cdc.gov/HealthyYouth/index.htm](http://www.cdc.gov/HealthyYouth/index.htm)

**United States Department of Agriculture**

***Choose My Plate***

[www.choosemyplate.gov](http://www.choosemyplate.gov)

**Healthy Eating & Physical Activity**

**Information Resources:**

**Nutrition**

There is an appropriate number of calories for you to eat each day. This number depends on your age, activity level, and whether you are trying to gain, maintain, or lose weight. You could use up the entire amount on a few high-calorie foods, but chances are, you won’t get the full range of vitamins and nutrients your body needs to be healthy.

Choose the most nutritionally rich foods you can from each food group each day – those packed with vitamins, minerals, fiber, and other nutrients, but lower in calories. Pick foods like fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products more often.

**Physical Activity**

According to the Centers for Disease Control and Prevention, regular physical activity substantially reduces the risk of dying of coronary heart disease, the nation’s leading cause of death, and decreases the risk for stroke, colon cancer, diabetes, and high blood pressure. It also helps to control weight; contributes to healthy bones, muscles, and joints; reduces falls among older adults; helps to relieve the pain of arthritis; reduces symptoms of anxiety and depression; and is associated with fewer hospitalizations, physician visits, and medications.

What services are available either locally or statewide?

You can add hyperlinks here too!

**Available Services:**